

Workshop Schedule

Friday, August 18, 2006

10:00 AM – 11:30 AM	Registration
11:30 AM – 12:00 PM	Welcome and Instructions
12:00 PM – 1:00 PM	Lunch
1:30 PM – 5:00 PM	Session I Workshop
5:00 PM – 6 PM	Free Time and Snacks
6:00 PM – 7:00 PM	Dinner
7:00 PM	CARNIVAL NIGHT... Fun and Games for everyone!

Saturday, August 19, 2006

7:00 AM – 8:00 AM	Breakfast
8:00 AM – 11:30 AM	Session II Workshop
12:00 AM – 1:00 PM	Lunch
1:30 PM – 5:00 PM	Session III Workshop
5:00 PM – 6:00 PM	Free Time and Snacks
6:00 PM – ?	It's an Anniversary Party...Delaware BOW is celebrating 10 years of outdoor excellence!

Sunday, August 20, 2006

6:00 AM	Sunrise Service (Non-Denominational) - - On the beach!
7:00 AM – 8:00 AM	Breakfast
8:00 AM – 11:30 AM	Session IV Workshop
11:30 AM – 12:00 PM	Free time for packing and clean-up of dorm areas
12:00 PM – 1:00 PM	Lunch - Door Prizes/Final Comments & Farewells from BOW Committee

Workshop descriptions (**New Courses)

<i>Courses</i>	<i>Descriptions</i>
Back Bay Fishing	Back Bay Fishing with Captain Bob, is a basic introduction to saltwater tackle and angling skills needed to catch near shore species of fish. Following a brief on-shore instruction, participants will board a boat for hands-on fishing on the Rehoboth and Indian river Bays.
Basic Boating	Experience hands-on boat operation while traveling through Rehoboth Bay. Learn the safety rules of the water, knot tying, mooring, as well as the navigational skills needed to properly operate a small power boat.
Basic Decoy Carving I	Students will actively participate in carving a cork duck decoy to demonstrate the basic principals of decoy carving. Species of duck to be announced.
Basic Decoy Carving II	Detail the decoy you created in Basic Decoy Carving I. If you took last year's course, bring in your decoy to complete this year!
Beginning Swimming and Water Safety**	This is an introduction course that teaches water techniques of using arms, legs, and rhythmic breathing for water safety. Basic survival floating will be taught along with using PFDs and survival techniques. Participants will be getting in the pool with clothes on (to understand the difficulty in swimming with heavy wet clothing) to learn survival techniques so bring extra clothing.
Birding 101	Take this opportunity to learn to identify birds through behavior, field marks, and habitat while exploring the grounds surrounding Camp Arrowhead. Also enjoy viewing the spectacle of the late summer migration along the Delaware coast.
Camping Basics	Learn about the facets of simple family camping, including tents and sleeping bags, camp stoves and lanterns, and other proper equipment. Participate in hands-on activities designed to improve your next outdoor adventure.
Canoeing – Beginning	This course will provide a basic introduction to the parts of a canoe. Learn tandem paddling on flat water designed to make your canoeing adventures more enjoyable!
Crabbing and Clamming**	Participants will learn about shellfish that are recreationally important to the Delaware bays. You will view prime habitat for the Blue Crab and Hard Clam, and try your hand at harvesting some of each.
Day Hiking Delaware	Participants will learn how to prepare for a hike and the equipment needed. Course includes a booklet describing trails in Delaware. Instruction will include taking a 5-mile hike at Trap Pond State Park on the Boundary Trail.
Do Sedges Really Have Edges?*	Do Sedges Really Have Edges?: Find out if this statement holds true and learn more about the plant life of Assawoman Wildlife Area. While exploring the various habitats of Assawoman WA, we will be identifying all plants observed; trees, shrubs, vines, wildflowers, grasses, sedges and even mosses! At the end of this session, you will know if sedges really do have edges.
Emergency Wilderness Survival**	Learn what to do should you experience an emergency in the wilderness. You will learn how to prepare and plan an outdoor trip, build a shelter, make fire, obtain food and water and make a survival kit. You will also learn how to use whatever material may be on hand to make a difficult situation more tolerable. This workshop encompasses Session I and II. You will stay overnight in the woods.
Family Fun In The Outdoors**	Learn outdoor skills and activities that you can teach to your family, scout group, or class. Take hiking to a new level as you learn how to lead an interpretive hike. Catch and identify aquatic organisms using a seine and cast net. Learn how to build a campfire and cook some tasty treats. Make kid-friendly crafts using items found in nature. (Plan to bring footwear that can get dirty and wet).

<i>Courses</i>	<i>Descriptions</i>
Fly-fishing-Introduction	Participants will learn the art of fly-casting, how to tie their own flies, and how to select the proper equipment for this unique fishing experience.
Fly-fishing – Advanced	Practice more advanced techniques of fly-casting and learn the advanced skills of fly fishing & casting using fly rods & equipment. Rods will be available or you may bring your own.
Fly-fishing Expedition	This fly fishing on the water expedition will teach you more hands –on advanced practices of fly-casting with actual hands on casting & fishing at a Sussex County pond. All participants must have a valid fishing license prior to the workshop.
From Boat To Table**	Okay, so you caught fish...now what? Learn about different species of fish, how to clean them properly, filleting techniques and how to prepare them for the table.
Gardening For Wildlife**	Attract hummingbirds, butterflies, and native wildlife to your backyard by learning about plantings, habitat enhancement, and water features. Each participant will build a birdhouse to take home for our feathered friends.
Leave No Trace**	Learn about Delaware’s wonderful State Parks. Through hands-on activities, participants will learn how to view wildlife, camp, hike, and bike while making minimal impact on natural areas.
Low Ropes Challenge Course**	The low ropes challenge course will build trust, incorporate teamwork, and allow you to have fun with others in an outdoor setting. The course is a series of cables, ropes and obstacles strung between trees and poles, 12 to 18 inches above the ground to promote problem solving skills. Your newly learned skills will easily be used in all outdoor sporting activities and in life itself!
Mountain Biking	Learn cycling techniques, rules of the trail and road, health and safety considerations as well as how to make minor repairs to your bike. You may bring your own bike and equipment.
Nature Photography – Introduction	Learn the basics of photography, including camera functions, film choice, proper exposure, and light composition. Try out your new skills during an outdoor expedition. Participants should bring their own camera and film.
Nature Photography – Advanced	Learn more about the composition of photographs and different types of equipment. Practice taking pictures of plants, wildlife, and scenic views, as well as close-up images during a trip to Cape Henlopen. Participants should plan to provide their own camera and film.
Outbacking in the Inland Bays	This course will provide a basic understanding of the dynamic ecology of this shallow-water estuarine system. Activities will include seining and identification of fish and invertebrates of the Inland Bays. Water quality and other environmental issues will be discussed.
Quick-Start Kayak Course	Learn the basics of sea kayaking in this introductory course. You will learn about different types of kayaks, a variety of paddling skills, along with a myriad of other topics, all with an emphasis on safety.
Rifle & Pistol Shooting -Intro.	Learn safe handling and storage of firearms and ammunition. Shooting fundamentals, training, and hands-on instruction will be provided at the shooting range.
Sailing	Effective techniques will be taught on the basic points of sailing, concepts, and jargon. Hands-on rigging and sailing of a sail boat will be taught as you come to understand the joys of sailing.
Saltwater Fly-Fishing “A Dash of Salt”	Learn the basics of how to fly-fish the saltwater as you gain knowledge of how to put together a fly rod. Hands-on casting techniques into to the water and how to ‘strip’ in a fish will be taught. Lessons on selecting lures to imitate baitfish, tying flies on a line, weather and tides, clothing and gear and everything you need to know about starting to catch fish in salt water will be covered in this course.
Shotgun – Beginning	Participants will learn firearm safety and clay target shooting techniques through hands-on activities.
So You Want To Go Hunting?***	Considered it, but don’t know where to start? Hands-on activities will teach participants about hunting equipment, clothing, tree stands and hunting seasons. Game care, hunting safety, calls and hunting techniques will also be covered.
Surf Fishing	This course will introduce participants to the equipment and skills needed to become a successful saltwater angler while enjoying the surf and the sand. Learn responsible operation of 4WD vehicles on Delaware's beaches.
Taekwon-Do	Don’t leave yourself defenseless in the wild. Self-defense skills are safety skills. By learning and developing self-defense skills, the chance of sustaining an injury due to a fall or an attack is greatly reduced.
Target Archery Fun	Through recreational target shooting, participants will try out various types of bows and arrows. As you fine tune your skills you will learn how to cluster your arrows and shoot at some unique targets.
Transporting Your Outdoor Recreational Toys**	New boat? Thinking about hauling an ATV? How about that \$1,000.00 mountain bike you just purchased? How did they get that canoe on the top of that pickup truck? Participants will learn how to safely transport outdoor recreational equipment. Hands-on activities include; backing vehicles, hooking to trailers, and securing your “toys” for safe transport.
Tree Identification	Move over CSI! The tree detectives will take over here. Learn skills necessary to identify tree species in both summer and winter conditions. You will become familiar with our towering oxygen producers and you will even construct your own leaf press.
Windsurfing - Introduction	The session will consist of a mixture of a lecture, dry land simulation and if the weather permits, a small amount of practice on the water. Students will share sailboards that will be provided. It will provide a foundation to learn to enjoy windsurfing safely. At the end of the session students can expect to be able to get underway and make a basic turn so they can return to their starting point.

WORKSHOP NOTES

This workshop is open to participants 18 and older.

CONFIRMATION

Upon receipt of your registration and payment, you will be sent a confirmation card, directions and map of Camp Arrow, and a list of suggested clothing and gear to bring.

FISHING LICENSES

Please make sure that you have a fishing license before attending any workshop that requires fishing in Delaware's freshwater ponds. Online fishing license applications are available at:

www.dnrec.state.de.us/fw/licap.htm

CANCELLATION

Registrants who do not attend and do not cancel by August 1, 2006 will be assessed the full program fee. You may send a substitute.

PARTICIPANTS UNDERSTAND THAT:

1) Photographs may be taken during sessions and may be used in future support of the program. 2) In the event of an unavoidable cancellation, evening programs and instructors may change. BOW will provide excellent alternatives if this situation arises.

SWIMMING POOL AVAILABILITY:

The swimming pool will be open during free time only, not during workshops or scheduled activities. A volunteer lifeguard will be staying onsite for the weekend. It will be the lifeguard's decision as to when the pool will be opened or closed.

*Celebrating Ten Years
Of Outdoor Excellence!*

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TrailTech/Apex International
Trap Pond State Park
Wilderness Canoe Trips

LODGING

Camp Arrowhead provides dormitory-style lodging with many bunk beds in a room. Please mark on the registration if you are willing/able to sleep on a top bunk. If special arrangements are necessary, please notify the coordinator at least two weeks prior to the program. If you do not wish to stay at camp (fee remains the same), please note that on your registration form and for emergency purposes please let staff know when you leave the campsite – meals will still be provided for you.

SPECIAL NEEDS

If you have any special dietary requirements or special needs that require assistance, please indicate this on the registration form. We will try to accommodate your needs.

EQUIPMENT

All equipment will be provided. Feel free to bring your own equipment except for firearms. Instructors will safety check all gear brought by participants.

WHAT TO BRING

Classes are outdoors and hands-on. For your safety and comfort, it is important for you to bring warm clothing, including appropriate clothing for cool weather. A complete list of suggested clothing and gear will be mailed with your confirmation letter.

